Mon	Tue	Wed	Thu	Fri	Sat
	****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703)273-6090		1 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:15am TRIP Shenandoah Apple Blossom Festival 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild	2 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge Group 10:30am: BINGO Noon: May Birthdays! 2pm: Trip Committee Meeting	3
5 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/ Chess 10am: What Every Executor Needs to Know - David Hoffman 10:30am: Line Dancing Noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance	6 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickleball	7 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Noon Trip Washington Nationals Baseball 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	8 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm –4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	9 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 11am - Mother's Day Tea Noon: Brown Bag Day /Games	10
12 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 10:30am: Line Dancing 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance	13 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History Noon: Reception and Book Signing w Alan Rems 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	14 Newport News 5/14-17: VIRGINIA SENIOR GAMES 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Beginner Bridge Day 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	15- VA Senior Games continue 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 10:30am TRIP Manassas National Battlefield Park 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	16- VA Senior Games cont. 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BINGO 11am Meet Author Molly Connally: Sister Between 12:30pm Table Games	17 Virginia Senior Games Conclude in Newport News: Badminton, Cycling, Track & Field Events, Volleyball + more: Archery, Basketball, Billiards, Bowling, Canasta, Disc Golf,
19 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 10:30am: DAY AT THE RACES 10:30am: Line Dancing 10am: Mah Jongg/ Chess 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance	8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons	21 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation	22 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	23 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9am: Zumba Gold 10am:Grand Slam Bridge Group 10:30am: Cut Coupons for Military 11:30am: Kick-off to Summer Barbeque and Potluck	24 Golf, Horseshoes, Mini Golf, Road Race, Pickleball, Tennis, Racquetball, Softball, Shuffleboard, Table Tennis, & Swimming.
Memorial Day Holiday Green Acres closed	27 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3:05pm: Pickleball lessons	28 Senior Health & Fitness Day 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	29 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am-Speaker :Housing Options 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	30 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 10am - Grand Slam Bridge Group 10:30am: BUNCO 12:30pm Table Games	31 May returns from Savannah, Jekyll Island & Beaufort, South Carolina

## **CITY OF FAIRFAX SENIOR CENTER**

## June 2014

## (703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
2 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 10am: Mah Jongg/ Chess Noon - NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance	3 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons	4 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Frederick Douglass National Historic Site 10am: Tap Dance 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	5 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	6 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: Brown Bag Day /Games Noon: June Birthdays!	7
9 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 10am: Mah Jongg/ Chess 11am: Feldenkrais Class Noon - NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance	10 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 3:05pm: Pickleball lessons	11 8am: Men's Coffee Group 8:30am: Seniorcise Smithsonian Air and Space Museum  1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	12 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1pm –4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	13 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Father's Day Breakfast 10:30am: BUNCO 11:30am:Exercise Equipment Noon: Brown Bag Day/Games 2pm: Trip Committee Meeting	14 - FLAG DAY  Sunday, May 15 -
16 8am: Men's Coffee Group 8:30am July-Aug Trip Registration 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4:30pm: Hula Dance	17 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	18 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle The National Harbor 10am: Tap Dance 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	19 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	20 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 10:30am: BINGO	21
23 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 10am: Mah Jongg/ Chess 11am: Feldenkrais Class Noon - NOVA Neighbors Bridge 2:15pm: Chair Yoga 4:30pm: Hula Dance	24 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10 am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3:05pm: Pickleball lessons	25 8am: Men's Coffee Group 8:30am: Seniorcise Riverside Dinner Theatre: West Side Story 10am: Pinochle 10am: Tap Dance 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	26 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	27 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO Noon: Brown Bag Day /Games	28
30 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 9:30 am FREE Bridge Class – 6wk 10am: Mah Jongg/ Chess		****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703)273-6090			Check out our website www.fairfaxva.gov Calendar subject to change updates posted on website

10:30am: DAY AT THE RACES			and at senior center.	
11am: Feldenkrais Class				
2:15pm: Chair Yoga				
4:30pm: Hula Dance				

CITY OF FAIRFAX SEI	NIOR CENTER	July 2014		(703)273-6090	
Mon	Tue	Wed	Thu	Fri	Sat
Day Trips to be announced	1 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons	2 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 10am: Pinochle 10am: Tap Dance 11:30am: Independence Potluck outside picnic area 1-3pm: Pickleball	3 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild	4 Independence Day Holiday  Senior Center Closed	5
7 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 10:30am: Line Dance - NO CLASS! 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 11am: Feldenkrais Class Noon NOVA Neighbors Bridge 2:15pm: Chair Yoga	8 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 3:05pm: Pickleball lessons	9 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 10am: Pinochle 10am: Tap Dance  1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	10 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 1-3pm: Pickleball 1pm:Exercise Equipment Use 1pm—4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	11 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: July Birthdays! 1pm: Table Games 1pm Walk the Neighborhood 2pm: Trip Committee Meeting	12
14 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 10:30am: Line Dance 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons	16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Tap Dance 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	17 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	18 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO Noon: Brown Bag Day /Games 1pm: Walk the 'Hood	19
21 8 am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 11am: Feldenkrais Class Noon NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting	23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Tap Dance 1-3pm: Pickleball 2:15pm: Come Sit Meditation	24 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	25 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO 11am: Feldenkrais Class Noon: Brown Bag Day /Games 1pm: Walk the 'Hood	26
28 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: FREE Bridge Classes 10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class	29 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training	30 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Tap Dance 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	31 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball		****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703)273-6090

2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	1pm: Current Events 1pm-3pm: Pickleball		1pm-3pm Current Events 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit		
CITY OF FAIRFAX S			z 2014	(703)273-60	
Mon  Day Trips to be announced	****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703)273-6090	Wed	Thu	Fri  1 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BUNCO 11am: Feldenkrais Class 12:30pm: August Birthdays! 1pm: Walk the 'Hood 2pm: Trip Committee Meeting	Sat 2
4 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class Noon – New Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	5 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	6 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation	7 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	8 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 11am: Feldenkrais Class 12:30pm: Corn Hole	9
11 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 11am: Feldenkrais Class 1pm: Table games 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	12 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	13 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	14 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BUNCO 12pm: Table Games 1pm: Walk the 'Hood	16
18 8am: Men's Coffee Group 8:30am Sept-Oct Trip Registration 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg / Chess 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	19 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball	21 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 11am: Rummy 12:30pm: Corn Hole	23

25 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg / Chess 11am: Feldenkrais Class 2:15pm: Chair Yoga	26 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting	27 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 10am: Pinochle 1pm-3pm: Pickleball	28 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts 10:30am: German Conversation 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	29 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 10am: Grand Slam Bridge Group 10:30am: BUNCO 11:30am: Labor Day Cook-out with Picnic and Corn Hole	30
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